



Governor's Summit on Health, Nutrition and Obesity
State of California Existing Nutrition and Physical Activity Programs
September 15, 2005

Several state programs are already in place to promote healthy habits and active living in California. From helping low-income families and seniors learn about nutrition to ensuring our children have safe routes to walk to school, the Summit serves as launching pad to building upon the state's successes and expand programs to achieve the Governor's vision for a healthier California. Below is a description of the existing programs with California's state government that encourage living a healthy, active lifestyle.

Department/Office	Activity Description
Department of Health Services	Administers California 5 a Day, a multi-media marketing campaign that targets low-income families with children with the goal of increasing fruit and vegetable consumption, physical activity and food security.
	Administers the California Nutrition Network, a statewide public/private partnership that promotes nutrition education and physical activity among low-income households using social marketing.
	Runs the Local Incentive Awards Program, which qualifies local agencies for federal matching funds, which, in turn, provide federal funding and resources to develop additional nutrition education and physical activity promotion interventions.
	Spearheads the Physical Activity and Health Initiative to increase physical activity among people over 50 years of age, increase activity levels to reduce chronic disease and conduct research and development for walkable communities.
	Administers Project LEAN (Leaders Encouraging Activity and Nutrition), which works to increase access to healthy foods and physical activity in low-income communities.

Department/Office	Activity Description
	Administers Women, Infants & Children (WIC), a nutrition program that helps pregnant women, new mothers and young children eat well and stay healthy through the use of special checks to buy healthy foods. Provides nutritional counseling and support to mothers of young children. Also provides resources on breastfeeding and referrals to health coverage programs. Offers on-site farmers' markets in some locations.
	Manages the California Obesity Prevention Initiative, which works to create environments and policies that support physical activity and healthy eating for all Californians.
Business, Transportation & Housing Agency	Directs the California Safe Routes to Schools Initiative, which works to improve the health and safety of pupils by reducing traffic around school facilities and encouraging greater physical activity among students.
Department of Transportation	Leads Go California to reduce single-occupancy vehicle trips by integrating walking and biking paths into the state's transportation system.
Department of Managed Health Care	Works with managed health care plans to design services and benefits to encourage and support healthy behavior and wellness.
Housing and Community Development	Promotes land use planning and community design to promote and accommodate more walking and biking.
Department of Social Services	Administers the Child and Adult Care Food Program, which reimburses licensed child care programs for the nutritious meals served to enrolled children, thereby enhancing the nutritional value of meals served to all enrolled children.
Department of Personnel Administration	Administers the California WorksWell Health Promotion Program, which provides health promotion information, resources and direction to state agencies to help develop and run programs that promote healthy lifestyles for state employees and their families.
Department of Aging	Promotes the StayWell Program for seniors to encourage healthy aging practices. Also distributes coupons to low-income seniors that can be redeemed for fresh produce at certified Farmers Markets statewide.
Department of Food and Agriculture	Directs the Buy California campaign, which promotes the consumption of California-grown agricultural products, many of which form the basis of a healthy diet. Administers grants to a number of programs that encourage fruit and vegetable consumption.

Department/Office	Activity Description
Department of Parks and Recreation	Provides outdoor recreational opportunities throughout California. Also administers funds to local governments for the development and improvement of recreational facilities to promote healthy lifestyles. A number of programs are specifically targeted to urban populations that have higher rates of obesity and other health-related issues.
Environmental Protection Agency	Directs a children's health initiative that focuses on actions to improve air quality along freeways adjacent to schools and residential areas, improve aging plumbing in inner city neighborhoods, identify and address pollution threatening children's health and promote integrated pest management to reduce pesticide use in schools, hospitals and homes.
State Employee Programs	Most state departments offer employee wellness programs, including health seminars and screenings, the on-site use of workout equipment and facilities, the publication of newsletters that include articles on nutrition and physical activity and training classes to improve overall health and fitness.
California Public Employees Retirement System	Launched a three-year (March 2004-2007) health promotion program to raise health awareness, identify employees at risk and provide follow-up to encourage staff to seek appropriate care.

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